

*Rockland Council on Aging*  
*317 Plain St Rockland, Ma.*  
*Secretaries Report*  
*Wednesday September 10, 2014*

With a quorum present Beverly Ladner, Chairperson called the meeting to order at 9:30.

**Roll Call:** Audrey Ryan, Lorraine Ahern, Eleanor Cole, Peter Stonis, Cynda Childs, Jean Callahan and alternate John Rogers. Excused: Lu Crowley, Chris Kelly. (8 plus alternate present). Absent: Patti Penny

**Old Colony Elder Services:** Agnes Smith – Absent

**Old Colony Planning Council:** Rita Howes

Although there was no meeting of OCPC in August Rita Howes reported that OCPC has restored funding to the centers. Rita also attended a seminar on “How to handle Chronic Disease”. The speaker was Dorothy Stack, RN from Brockton COA. Dorothy is a Health Education Specialist and Outreach Coordinator. Dorothy described how 1 out of 2 people (over age 50) have some kind of chronic disease. She talked about a 6 week training program on “Self-Management, Support System, Managing Symptoms and maintaining an active fulfilling life”. This Program includes a Proven Public Health Strategy that enhances physical and psychological well-being. More information is available for anyone interested in taking the course and can be obtained by calling Dorothy Stack at the Brockton COA; telephone number - 508-580-7811. Rita emphasized how informative this training is and how it can enhance health. They are also looking for volunteers to learn and teach this program.

**Approval of Minutes from previous meeting / Secretaries Report:** A motion was made by Audrey Ryan to accept the report as read, seconded by Jack Conway and the vote was unanimous.

**Financial Report:** A motion was made by Lorraine Ahern to accept the report as read, seconded by Peter Stonis; the vote was unanimous. Current balance: \$47,971.51

**Warrant Report:** The Bill Warrant was duly signed. Motion by Cynda Childs and 2<sup>nd</sup> by Eleanor Cole to accept report. There was discussion that the Supply Account needed to be replenished.

**Outreach Report:** A motion was made by Cynda Childs to accept the report as presented and seconded by Lorraine Ahern; the vote was unanimous. It is noted that the senior center has seen a doubling of attendance since the new center opened. Many of the disabled who were unable to attend the location on Union St due to the stairs are flocking to the new center and attending the vast addition of new programs. The lunch program has also seen a doubling of

attendance. The patrons are very grateful for the informative table notes that Eleanor puts on the tables with new updates.

**Director's Report:** The motion was made by Lorraine Ahern to accept the report as presented, seconded by Audrey Ryan. Many of the small "Punch List" items have been resolved and new improvements have been made to the landscaping. There is now a Horse Shoe pit as well as a Bocce Game available. Many of the seniors are having fun daily playing these new games.

- Director Peggy reports that a Full Time custodian is necessary for the center to function smoothly. As new programs are added and the attendance has more than doubled the maintenance has also doubled. The current custodian is very diligent and knowledgeable but is limited due to his current work week of 19 hours. It was proposed that the Town of Rockland post a full time job position in accordance with rules and regulations. The vote to ask the Town to do this was unanimous. For the first year \$10,536.00 would be allocated from the Donations Account to cover these additional hours. This job would be posted and open to all – in accordance with the regulations.
- The director reported that the Rockland Fire Department has inspected the new building on several occasions and reports that they are very impressed with the progress of "punch list items" as well as the additional panic bar/buttons installed on 3 additional doors (that were not required by law) but are important for the safety and well-being of all persons. John Rogers has been instrumental with the follow up of the punch list items assuring that corrections are made in a timely manner.

Next meeting October 8, 2014 @ 9:30 AM

As there was no further business to come before the Council a motion was made by Jack Conway and 2<sup>nd</sup> by Peter Stonis to adjourn at 10:00 AM, the vote was unanimous.

Respectfully Submitted,

Lorraine Ahern  
Secretary COA  
September 10, 2014